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Author of the Week – Rev. Jamie L. Saloff

FEBRUARY 20, 2012 BY TOM BIRD

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Transformational Healing: Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity

I remember so distinctly, as if being three years old could have been only yesterday, sitting down with a pencil and a new scratch tablet that my father had given to me. I considered so carefully how I'd seen other people write... connected Os and looping Ls. I knew there should be some variance in these lines of flowing letters, so I did that too. I filled page after page, carefully crafting each line.

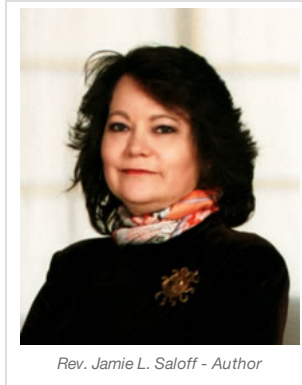
When my mother found it later, she scolded me for ruining an entire pad of paper. She kept asking me, "Why did you do this?" So I told her. "I'm writing a book!"

I guess she found a soft spot for my writing that day because she squirreled away and eventually glued into my baby book, a bio I finger-peck typed at the age of eight. If she were here today, she'd be my biggest supporter.

I think I always knew I would be a writer, I just never knew what I would eventually be writing. So in the meantime, I wrote in diaries or journals, and honed fictional stories in my free time. I even won my husband with a story that I wrote for him after we'd had a nasty breakup a few months before. As we courted, he and I shared in a joint journal where I wrote and he drew. It's a precious family artifact still today.

My wanderings through the writing world continued after we'd married. I'd even considered joining one of those distance-learning programs, but as a young married couple, the money could not be found.

About that same time, I left my job as a receptionist, and decided I'd try my hand at writing articles. None sold, but I began collecting rejection letters. Then when my husband's job transfer caused us to relocate far away from



Rev. Jamie L. Saloff - Author

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family, I took to writing and mailing newsletters to keep the family abreast of interesting happenings and the growth of our sons.

Several important changes took place at that time. I became severely ill with cancer at the age twenty-four, and my husband bought me my first computer (a Commodore 64). The cancer changed my life and my world view. The computer changed my ability to write about it, though I continued to voraciously write longhand in my journals.

What I have found is that when I am tuned into God (spirit/source/etc.), and I listen (which isn't always the case), I am guided to where I need to be. So one day I opened the newspaper and discovered a class at a local university entitled "How to Get Published." Since I still had a dream of being a writer, and still thought writing articles might be the way to do that, I enrolled in the class. (This was 1989.)

I had never done anything like that before in my life. Even pulling into the university parking lot caused me to shake in my shoes. I couldn't find where to park. I felt lost on the huge campus. I considered turning around and going home. I would only have been out \$35, but I knew my husband would scold me for wasting it. So I pressed on.

Inside, I chose my seat carefully and sat clear at the back of the room so I could easily escape. Except, something unexpected happened. Due to bright sunlight pouring in a window and blinding everyone in the front, the instructor decided to teach from the back of the room. Now I was front and center! ...and why was it that I couldn't seem to keep my mouth shut? I kept talking to him all throughout the lessons. (Yeah, I was one of THOSE people!)

That class changed my life forever. Drastically. Tremendously. Unrevokably.

The instructor, whom you may recognize, used to have a group of people who met once a week in his home. We sat around his dining room table and learned how to write books that sell, how to agent them, and how to connect deeply with the Author Within. We were never allowed to critique another authors' work. We were only allowed to say how it made us feel.

During those days, I changed from a writer of articles, to an author of books. And though I have at least ten fictional novels in my drawer, I began selling non-fiction books. Though it would take many more years before I would realize my dream of writing a book that could transform lives the way mine had been, I know those days around his dining room table were among the best I ever had, because I learned there that when I write from the heart it touches people's lives and it also touches and changes me. Writing is a pathway to the higher self, to God, and to the depths of joy. That joy beamed through me and others noticed it.

Thus, writing for me has been an ongoing series of explorations, study, and adventure. I became heavily involved with a writer's organization called Pennwriters and through them I began networking with other writers, learning craft (oy vey, my grammar skills back then!), and meeting important publishing contacts including agents and editors.

Sometime around 1999, while sitting listening to a panel of esteemed science fiction/fantasy writers, a question came up about a new type of printing called Print on Demand (POD). Despite the panel's misgivings about it, I immediately became driven to learn everything I could about it. (Remember when I said if I listen to God, he shows me the way... this became my way.)

I had already published two books traditionally and, for me, neither experience had been rewarding or profitable. I am a creature of high imagination and creativity. I thrive on doing things "my way." Working with traditional publishers had not been that kind of experience. I was ready to move on to

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something better.

Through a series of synchronistic events, I taught myself how to design books, how to publish them through a service called (then) “Lightning Print” (today Lightning Source), and began convincing clients to let me show them how to publish their book that way. For the next twelve years, I not only made a living doing that, I became a respected expert in the field. More importantly, I met authors from all over the country who truly put their hearts into their writing; who entrusted me to guide them through a simple, seven-step publish-your-own process; and became long-time friends. As I look at each of those books today, I do not see words on paper, I see a joyful experience, a new-found friend, and a step for both of us in our personal growth.



Throughout the whole adventure, though, something in my heart would not let me rest. My clients would ask me about my third book, “Transformational Healing,” which I self-published in 2005. I’d always laugh about it and explain how I never had time to promote myself or to teach its principles to others because I spent all of my time and energy helping them.

In 2008, due to yet another series of God-led synchronistic events, that all began to change. I decided to go back to school for more credentials. I did not know at the time it would lead me closer to God and to a change in my career, I only knew I had to answer the nagging in my soul, begging me to do more with what had poured out of my heart and onto the 488 pages of my book.

That journey has brought me to today where major changes are taking place in my life, in how I do business, and how I will live out the next stage of my life. At last, I will be able to take the principles of my book and turn them into live workshops, online teleseminars, home study programs, and personal coaching. I will be able to share my extensive knowledge and experience on healing, spiritual growth, self-fulfillment, and more with an ever-growing receptive audience. My heart leaps with joy as I think about this, for these skills I cherish almost as much as writing itself, because they guided me through more than one dark night of the soul. Illness, depression, loss of loved ones, I’ve seen many dark days, and yet here I am, better than any yesterdays, always looking forward to getting out of bed everyday.

I wish I could explain all that has transformed in my life, even just in these past four years, in which I studied, wrote, worked, played, tended to the sick, lent healing to the ailing, and published two more books. The one thing I know for sure is this, I want to keep doing it more and more. I had forgotten how much writing releases me to be me, how much it frees me from the bounds of stress and frustrations. Writing illuminates my path.

There is nothing more satisfying than having a reader love an author’s book. It’s funny because readers often think of writers as aloof, out-of-reach beings who, apparently, sit on some pedestal far from reach to them. And yet, nothing could be further from the truth, for most writers crave to know how their writing touched another being. A writer’s life can be lonely, with hours spent pouring over the creation of a single paragraph or in sorrow as they trim out their most favorite passage. (They know within it must go to be a right and perfect read.) They delight with joy with a positive review, a note of thanks, or word of gratefulness.

For me, it has never been simply about the words on the page. When I write, it is my way of reaching out and attempting to touch others on a grand scale with release from their burdens, encouragement to strive to their highest potential, a shove from behind to get them moving away from their fear, and maybe a little homespun magic to make them believe in themselves and their



greater possibilities.

I am greatly looking forward to the future. There are yet so many books I want to write. And the amazing thing today is that it's easier than ever before to put your words and books into the hands of hungry readers.

As I move forward into the fullness of who I am and who I was meant to be, I know I will continue guiding authors and spiritual seeking-individuals into doing the same. I will continue to help authors through personal coaching, it seems to be a key piece in my calling, as well as helping others move past the darker parts of their lives and into the light of their true being. This is, after all, what "Transformational Healing" had been meant to do all along.

Despite its title, "Transformational Healing: Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity," is not a book designed for gift giving to a loved one just beset with disease. Though, sadly, this is often the case. In fact, having been to the edge of life and looked over the cliff, I know that the moment of severe illness is not when the principles of this book are needed.

"Transformational Healing" is a book that details the tools and principles I used to transform my very ordinary life of a stay-at-home mother who knew five people, into a person who is making a difference in the world. I laugh when I think of myself back then as a person who rarely dressed in anything but sweatpants and a baggy shirt, hardly ever left the house, and whose big excitement of the day might include a trip to the grocery store. That person exists no more.

When a caterpillar turns into a butterfly, the mind is freed from the bounds of its captivity and released to fly over the earth. The same dreams and desires reside within, but the ability to actually fulfill them is suddenly a possibility in stead of a wish.

"Transformational Healing" is actually five very different sections, each a kind of book all of its own. It begins with "Relief" because when a person is hurting, either physically or emotionally, they cannot see their way clear to find a way out of the hole they are in. Second comes "Commitment" because the journey from caterpillar to butterfly is not for the faint of heart. Some of the road may be rocky. Some of the people in your life may appear to be blocking your way. Changes will take place, and not all of them are easy. Then, there is "Goals and Desires." Without these, we would have no forward movement or growth. We'd have no motivation to try something different or to expand our boundaries. Next is "Connection," Connection to self, to family, to God. It is here that the book explains the importance of heritage, and why it is the key we have often forgotten in moving forward in our lives. It also speaks of the multitude of ways we connect to God and the guidance within. Last, but not least, is "Synchronicity," which you can tell from my own personal writing journey, has played a significant role in who I am today.

All of these principles make up the journey that is "Transformational Healing." For I have found that when one pursues their purpose and listens to the calling of their heart, wellness, fulfillment, and prosperity follow.

If you are a person who desires to reach loftier goals, who is tired of the rut you are in and the place in which you are stuck, then "Transformational Healing" is a guidebook for getting out. If your journey has been hindered by ailments (and other roadblocks), this book explains why. It is not for the faint at heart or for those wanting a quick fix. It is for those who have a dream and are determined to claim it.

"Transformational Healing: Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity," is available for order from fine retailers everywhere including Amazon.com, B&N.com,



Booksamillion.com and many more. It is also available from the author's website at <http://www.AlignWithYourDreams.com>

Also look for: "Prayer Superchargers, The 'How to Pray' Book for People Living in Today's Troubled Times," and "The Wisdom of Emotional Healing: Renowned Psychics Andrew Jackson Davis and Phineas P. Quimby Reveal Mind Body Healing Secrets for Clairvoyants, Spiritualists, and Energy Healers."

In closing, I would like to share the one thing that has made a difference more than any other in my forward-seeking journey... Don't go it alone!

For many years I prided myself in doing it my way, and to be honest, I am still wildly independent and fiercely protective of anything I am working on. But over the years, though the help and wise guidance of several mentors, I've come to see how, when I traveled upon the path alone I missed many of the easy passageways that might have saved me hours of time, years of grief, tears, and frustrations.

The right guidance can make your journey one of joy. Having someone along the way who not only points out the potholes before you step in them, is also there for you when step in them anyway and need someone to pull you out. They are usually very good about dusting you off, setting you back on your feet, and finding something incredibly humorous about the whole thing.

Don't go it alone! If you can't pay, trade for services. Beg and barter. And then once you have that mentor, listen and learn, but also, watch what they do. Learning comes not just from hearing, but from mimicking. Ask questions! Sometimes it's okay to be a two-year-old. "Why should I do it?" "Why not?" "What happens if I don't?" (Maybe they will answer, or maybe they won't, but ask.)

When you have a guide to hold up a lamp to the path you long to follow, you will find your way quicker, easier, and without having to figure out every jot and dot on your own.

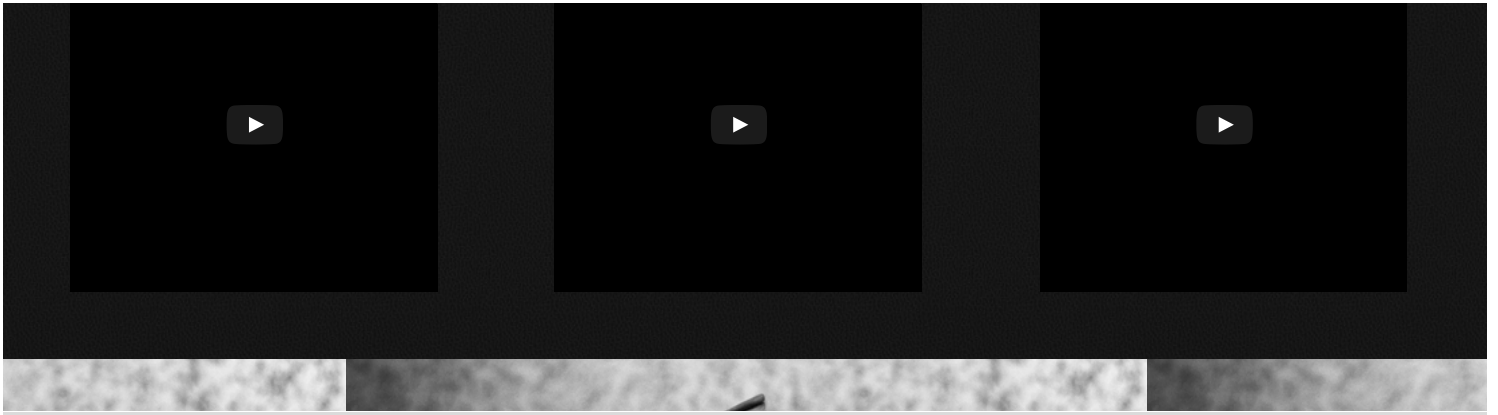
Thank you for allowing me to share my journey with you. Feel free to friend me on Facebook (<http://www.Facebook.com/ICanHeal>) or Twitter (<http://www.Twitter.com/iCanHeal>), and let me know you stopped by Tom's site to read my feature.

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